



Gastroenterology Associates of West Florida

Digestive Diseases and Nutrition

*Diplomates American Board of Gastroenterology
Diplomates American Board of Internal Medicine*

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PREPARING FOR COLONOSCOPY OR FLEXIBLE SIGMOIDOSCOPY USING CITRATE OF MAGNESIA ONE DAY PREP

You are scheduled for a colonoscopy or a flexible sigmoidoscopy on _____.

- The Surgery Center will call you one day prior to the procedure with the time.

Please be courteous to others and call with cancellations at least 72 hours prior to the procedure.

Make appropriate arrangements for copay and deductibles with the surgery center.

- WE WILL NOT PERFORM THE EXAM ON PATIENTS WHO COME ALONE
 - You will not be able to drive home after the test if you receive sedation. You must be accompanied by someone who can see you home after the exam.
- You need to HOLD Coumadin, Plavix, Aspirin, Fish Oil, Vitamin E, multivitamins, Arthritis Pills, and Ibuprophen unless instructed otherwise for five (5) days prior to the exam unless otherwise instructed. You may take Tylenol and/or Narco, or Percocet.

Items to be purchased prior to the exam (all available over the counter):

- Two bottles of Citrate of Magnesia
- Dulcolax Laxatives, 8 tablets

TWO DAYS PRIOR TO THE EXAM - REGULAR DIET

1. Take 2 Dulcolax tablets by mouth at 7 PM.

ONE DAY PRIOR TO THE EXAM - NO SOLID FOOD

1. Take clear liquids only **ALL DAY**, such as, broth, apple juice, tea, **BLACK** coffee, and ice pops. **NOTHING RED IN COLOR, Nothing that contains alcohol.**
2. Take a bottle of Citrate of Magnesia about 6 AM.
3. Take 2 Dulcolax tablets by mouth at 10 AM.
4. Take a second bottle of Citrate of Magnesia at about 3 PM.
5. At 8 PM take 4 Dulcolax tablets by mouth. If not running clear, take 2 Dulcolax tablets at midnight to 3 AM or 2 Dulcolax suppositories 5 AM the morning of the procedure.
6. Nothing to eat or drink at least 6 hours prior to the procedure.

DAY OF EXAM

1. Take only Blood Pressure, Heart, and Lung medications as discussed with your doctor with a sip of water. Do not take Diabetes pills or insulin.
2. Do not wear make-up or finger nail polish.

Doctors are available 24 hours day or night. Please call if you have problems with prep, questions about medications, or any other concerns: Call (727) 846-7031